

# Tips to Reduce Sodium



If your doctor recommends reducing the amount of sodium in your diet, here are some helpful tips. Always check with your doctor before starting new diet.

## Check the Nutrition Facts Label

Read the nutrition facts labels to check the sodium content of food products and compare the sodium content between different foods.

Check the amount of sodium per serving and the number of servings per container.

Choose foods labeled "low sodium", "reduced sodium" or "no salt added" when available.

## Look for Hidden Food Sources

Be aware of food products that are usually high in sodium such as soy sauce, bottled salad dressings and deli meat.

There are many food products that don't taste salty but have a high sodium content.

Use fresh, rather than packaged meats. Fresh meats contain natural sodium, while packaged meat contain extra sodium added during processing.

## Dining Out

Visit the restaurant's website to check the sodium content of dishes on the menu. Ask for the nutrition information or sodium content of menu items before ordering.

When at a restaurant, request food served with no salt or choose a lower sodium meal option.

Control the portion size of meals if the sodium content can't be reduced.

## Cooking at Home

Prepare rice, pasta, beans, and meats without salt. Try adding other flavorful ingredients to bring out the flavor.

Limit sauces, mixes, and "instant" products, including flavored rice and ready-made pasta.

Drain and rinse canned beans (such as chickpeas, kidney beans, etc.) and vegetables to reduce the amount of sodium.

## Shopping for Food

Choose fresh fruit and vegetables as they are low in sodium. Opt for canned vegetables labeled "no salt added" and frozen vegetables without salty sauces.

Buy fresh, frozen, or canned vegetables with no salt or sauce added.

When possible, purchase fresh meats, rather than cured, salted, smoked, and other processed meats.

## Adjusting to Low Sodium

Try combining lower-sodium versions of food with regular versions if you don't prefer the taste of lower-sodium foods.

You can taste a foods natural flavor without added salt.

Salt preference is an acquired taste that can change overtime. It can take weeks to months to adjust to eating food with lower amounts of sodium.